

## OBTAIN VITAL SIGNS: RESPIRATIONS

For use of this form see TC 8-800; the proponent agency is TRADOC.

**TABLES:** I, IV

**REFERENCES:** STP 8-68W13-SM-TG, Task: 081-831-0010, Measure a Patient's Respirations; Emergency Care and Transportation of the Sick and Wounded.

**1. Soldier** (*Last Name, First Name, MI*)

**2. Date** (YYYYMMDD)

**CONDITIONS:** Given a trauma or medical casualty requiring assessment and management in a clinical environment or field setting. You are not in a CBRN environment.  
A critical skill in the thorough assessment and management of any casualty is the ability to quickly and accurately obtain a set of vital signs. The Soldier Medic must be able to accurately measure a casualty's pulse, respirations, blood pressure, and oxygen saturation level using the appropriate techniques and equipment.

**STANDARDS:** Perform all measures IAW Emergency Care and Transportation of the Sick and Injured. You must score at least 70% (*8 of 11 steps*) and not miss any critical (\*) elements on the skill sheet.

**SAFETY:**

- o Risk Assessment: Low. All bodily fluids should be considered potentially infectious; always observe body substance isolation (BSI).
- o Precautions: Wear gloves and eye protection as a minimal standard of protection.
- o Environmental: None.

**NOTE:** Soldier Medics must be observed. (*Evaluator to Soldier Medic ratio is 1:6*).

### TEST SCENARIO:

While responding to an emergency call, you encounter a casualty with a medical illness or trauma-related injury. During your assessment and management of this casualty, you must obtain a baseline set of vital signs. You must demonstrate the techniques and procedures for measuring respirations; you have been provided the necessary medical equipment.

**3. Evaluator's Comments and After-Test Recommendations:**

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# **OBTAIN VITAL SIGNS: RESPIRATIONS GRADING SHEET**

TASK	COMPLETED					
	1ST		2ND		3RD	
	P	F	P	F	P	F
4.						
a. * Took/verbalized body substance isolation (BSI) precautions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Explained the procedure to the casualty, if necessary.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Positioned the casualty, seated or lying supine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Had the casualty remove any overgarments that obstructed the ability to observe the casualty's chest rise and fall with each breath.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Observed the rise and fall of the casualty's chest as they breathe. Each cycle of inhalation and exhalation equates to one respiration.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Counted the number of respirations (rate) in a 30-second period and multiplied times two. <b>EVALUATOR: If the casualty is demonstrating an irregular breathing pattern, the Soldier Medic must measure the number of respirations for a full 60 seconds.</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. * Evaluated the depth of the respirations (unlabored, shallow, labored) .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. * Evaluated the quality (character) of the respirations (normal, noisy, tachypnea, etc.) .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. * Documented the respiration rate, depth, and quality and the time obtained on the appropriate medical form.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Reported any abnormal respirations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. * Measured the casualty's respirations within 2 breaths/min.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
* CRITICAL ELEMENTS						

**OBTAIN VITAL SIGNS: RESPIRATIONS**  
**GRADING SHEET (cont'd)**

5. Demonstrated Proficiency

Yes

☐

No

☐

6. Start Time

7. Stop Time

8. Initial Evaluator

9. Start Time

10. Stop Time

11. Retest Evaluator

12. Start Time

13. Stop Time

14. Final Evaluator

15. Remarks

**OBTAIN VITAL SIGNS: RESPIRATIONS  
EVALUATOR GUIDELINES AND INSTRUCTIONS**

Inform the Soldier Medic of the CONDITIONS and STANDARDS as stated on this form.  
Provide an optional scenario, if appropriate. This scenario should reinforce the unique or particular needs of the unit.  
Allow sufficient time for the Soldier Medic to extract information from the scenario.  
Provide each evaluator with the grading sheet.  
Ensure the Soldier Medic has all required materials.  
Explain how the exercise is graded.

**Resource Requirements:**

**Evaluator:** Grading sheet and applicable scenario.

**Soldier Medic:** Applicable scenario.

**Additional Scoring Guidelines:**

Documented the respiration rate, depth, and quality and the time obtained on the appropriate medical form.

*Example: R-14, unlabored.*

**NOTE:** The normal respiratory rate (*at rest*) for an adult is 12-20 breaths/min.